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Susan McArrow

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Ketogenic Diet Daily Cookbook

30 Delicious Ketogenic Recipes For Weight Loss

Are you interested in following a ketogenic diet? This book will really help because the Ketogenic Diet: Daily Cookbook: 30 Delicious Ketogenic Recipes for Weight Loss is designed to explain the basics of this diet with 30 delicious recipes. This book offers numerous options to you so that you can enjoy everything without sacrificing your desires. The purpose of this book is to make your dieting easy. The book is equipped with numerous recipes for breakfast, lunch and dinner. In the presence of this book, there is no need to worry about your food. The ketogenic diet is all about consumption of low carbs, high fat, and moderate protein diet. You can confidently try these recipes because these are designed according to the ketogenic diet. This book offers you:

- Overview and Benefits of the Ketogenic Diet
- 10 Recipes for Ketogenic Breakfast
- 10 Recipes for Ketogenic Lunch
- 10 Recipes for Ketogenic Dinner

These foods are delicious enough to maintain your interest and focus on the diet. It will help you to train your body to burn body fat as an energy source by maintaining a right ketosis level. Download this book and start eating healthy to lose weight at a faster rate.

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